

Winter 2016
January–April

Tukwila Activities Guide

GOOD HEALTHY FUN



Healthy Earth 5K // Page 5

Before / After School // Page 8-9

Volunteer Opportunities // Page 16

TCC Closed March 14–20



TUKWILA
PARKS & RECREATION
GOOD HEALTHY FUN

Tukwila Community Center

12424 42nd Ave S
Tukwila, WA
206.768.2822
www.tukwilawa.gov

**NO
JOINING
FEES!**

Monday–Thursday 6:30am–9:00pm
Friday 6:30am–8:00pm
Saturday 8:00am–2:00pm
Sunday 9:00am–1:00pm

TCC Closed March 14–20

Hours and rates are subject to change without notice. Closed on all major holidays. Children may not be left unattended.

Weekends are exempt from all peak hours.

FREE SENIOR TIME

Tukwila Residents (50+) can use the Fitness Room for FREE from 6:30–12pm on Mon, Wed, and Fri.

FITNESS ROOM AGE REQUIREMENTS

Must be 13 or older to be in Fitness Room

Under 16 must be accompanied by adult

Under 18 must complete orientation before using equipment

Check out great fitness classes starting on page 19.



Activity Fees

	Adult	Youth (17 & under) Senior (50+)
Fitness Room/Gym	\$5/visit	\$3/visit
Racquetball Drop-in	\$5/hour	\$4/hour
Racquetball Reservation	\$7/hour	\$5/hour
Shower	\$1 (FREE with picture ID)	

Passes

	Adult		Youth (17 & under) Senior (50+)	
10-visit Fitness Punchcard*	Non-Resident	\$45	Non-Resident	\$27
	Resident	\$40	Resident	\$24
1-Month Pass*	Non-Resident	\$36	Non-Resident	\$24
	Resident	\$29	Resident	\$19
3-Month Pass*	Non-Resident	\$99	Non-Resident	\$66
	Resident	\$78	Resident	\$51
6-Month Pass*	Non-Resident	\$185	Non-Resident	\$121
	Resident	\$148	Resident	\$97

*The above passes include use of the Fitness Room, most fitness classes and open gym activities during scheduled sessions.

Punchcards valid for one year from date of purchase. Unused visits or time will not be refunded, transferred, or credited. Passes are non-refundable and non-transferable. The City of Tukwila reserves the right to cancel, suspend, or terminate a pass or punchcard at any time. Proof of residency in Tukwila is required for the Resident rate.

Women's Only Fitness Times

Saturday 2:00–5:00pm // Sunday 1:00–3:00pm

GOOD HEALTHY FUN



WINTER 2016

Tukwila Parks & Recreation Activities Guide

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CONTACT US

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Tracy.Gallaway@tukwilawa.gov

Tukwila Community Center

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Athletic/Fitness and Special Interest Programs

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Community Events and Volunteers

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Youth and Teen Programs

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Nate Robinson, Teen Specialist
Nate.Robinson@tukwilawa.gov
Nichole Flores, Preschool Teacher
Nichole.Flores@tukwilawa.gov

Facility Rentals

Phone: 206.767.2322
Email: Rentals@tukwilawa.gov

Foster Golf Links & Billy Baroo's

13500 Interurban Ave South, Tukwila
Pro Shop: 206.242.4221
Restaurant: 206.588.2763

Parks Maintenance

Phone: 206.433.7157
Kris Kelly, Supervisor
Kris.Kelly@tukwilawa.gov

DIRECTOR'S MESSAGE

As I write this, our community is pulling together to make many people's life a little better during the holiday season—through the "Spirit of Giving" program. Families will be given the opportunity to provide their loved ones with various gifts like new winter gear, household goods, toys, books, educational games and toiletries. It is evident that our community shares the same desire to feed the hungry and help those who lack even the basic necessities we sometimes take for granted.

I hope that you will join us as we commit to promote healthy living through a balanced life by eating smarter, exercising regularly, volunteering more and helping others. We have initiated a Healthy Tukwila campaign to help people reduce their sugar intake. We have expanded our fitness classes to help people increase their activity. We have volunteer opportunities to restore sensitive areas and to keep our parks safe and clean, as well as, to build relationships with our youth. We have many service programs to give back to our community and neighbors.

We offer multiple fitness classes scheduled throughout the day, offered six days a week. Opportunities for parents to educate children and share the benefits of volunteering are available on pages 16 and 17 as well. Save the date for our upcoming National Day of Service on January 18th in honor of Martin Luther King Jr. Day. This holiday has been deemed a "day ON, not a day off"—and we are asking you to volunteer in your community. If you are interested in joining us, please see page 17 for event details.

I appreciate your continued support of our parks, programs and events. Our goals to provide alternatives to healthy living can only be met with your help and dedication. Please feel free to contact me with ideas to help you achieve your health goals too.

Yours for Parks and Recreation,



Rick Still,
Parks and Recreation Director



CITY OF TUKWILA

2015 Mayor

Jim Haggerton

2015 City Council

Joe Duffie
Dennis Robertson
Allan Ekberg
Verna Seal
Kathy Hougardy
De'Sean Quinn
Kate Kruller

2016 Mayor

Allan Ekberg

2016 City Council

Joe Duffie
Dennis Robertson
Verna Seal
Kathy Hougardy
De'Sean Quinn
Kate Kruller
(Vacant)

Parks & Recreation Director

Rick Still

Parks Commission

Alice Russell
Donald Scanlon
Joanne McManus
Sean Albert
Mike Martin

Arts Commission

Steve Mullet
Brian Kennedy
Cynthia Chesak
Trisha Gilmore

Library Advisory Board

Sharon Kidd
Steve Miller
Marie Parrish
Linda McLeod
Gerie Ventura

Inclement Weather Tukwila Parks and Recreation programs follow the Tukwila School District's Weather Advisory. If the School District is closed, all Recreation programs will be canceled. If children have already arrived, parents will be notified to pick up their children immediately. If School District is delayed in opening, Recreation programs will also be delayed. Please call the facility for up-to-date program information. Inclement weather can also affect park use and trail conditions. Please use caution when visiting parks and trails during poor weather.

Healthy Earth
Healthy You

5K

Run & Walk

Saturday • 9:00am Start

April 23

TUKWILA COMMUNITY CENTER
12424 42ND AVE S • TUKWILA, WA 98168

This FUN run and
walk is healthy for
YOU and healthy for
the Earth!



Businesses and community groups can register too. Contact Shannon Fisher by email at Shannon.Fisher@tukwilawa.gov or by phone at 206.768.2822.

VOLUNTEERS NEEDED

Help on the race course or at the post-run riverside restoration event. Interested? Call 206.768.2822

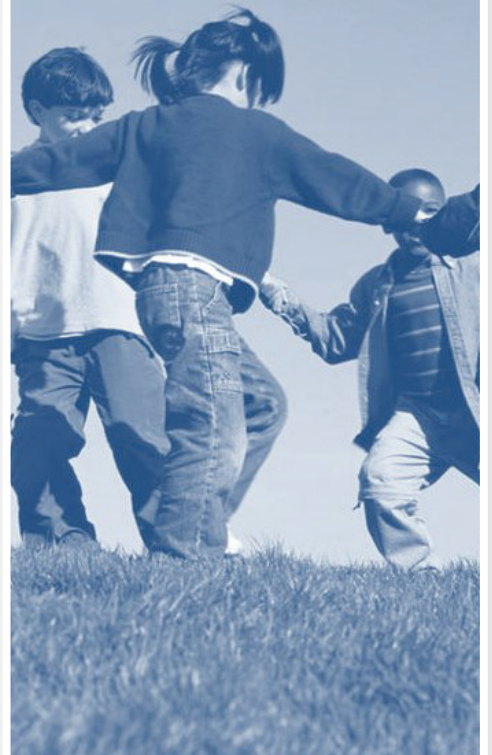
- Registration \$15 advance / \$20 day of event
- Children under 10 are free, but need to register
- T-shirts are \$5
- Registration includes the opportunity to plant a tree or shrub at the post riverside restoration event.

TO REGISTER: Call 206.768.2822



80% of Tukwila's kids qualify for Free/Reduced Meals.

100% of them deserve healthy positive play.



BE A HERO
and give Tukwila's neediest kids the opportunity for
GOOD HEALTHY FUN.

The H.E.R.O. FUND is a scholarship fund to Help Expand Recreation Opportunities so that Tukwila's youth can enjoy the benefits of recreation. Please consider making a contribution. Call 206.768.2822 for more information.



ALL LIBRARY PROGRAMS AND EVENTS
ARE FREE AND OPEN TO THE PUBLIC.

CHILDREN & FAMILIES

Tween Book Club

For children and teens ages 9–13
Foster Library

Explore great books with games, activities and snacks.

- » **Saturday, January 23** at 2pm
The One and Only Ivan by Katherine Applegate
- » **Saturday, February 20** at 2pm
Bone: Out From Boneville by Jeff Smith
- » **Saturday, March 19** at 2pm
Inside Out and Back Again by Thanhha Lai
- » **Saturday, April 20** at 2pm
Amulet: The Stonekeeper by Kazu Kibuishi



Science Saturday

For children and teens age 8 and older
Foster Library

Call 206.242.1640 to sign up.

- » **Saturday, January 9** at 2pm
Grossology: the science of digestion
- » **Saturday, February 6** at 2pm
Marble Madness: the science of roller coasters
- » **Saturday, March 5** at 2pm Squishy
Circuits: the science of electricity
- » **Saturday, April 2** at 2pm Rockets:
the science of propulsion

Toddler Story Time

For children ages 1-2 and their caregivers
Foster Library, Wednesdays at 11am

Help your child develop social and verbal skills through stories, songs and games.

Preschool Story Time

For children ages 3-6 and their caregivers
Foster Library, Tuesdays at 1:30pm

Help your child get ready for kindergarten through stories, songs and games.

Story Time in other languages including Arabic, Somali and Spanish

Visit www.kcls.org or call 206.242.1640 for days and times.

TEEN

Supporting Early-Release Wednesdays @ Foster Library

Wed., January 13, 12–1pm

Board games (all grade levels)

Bring your friends and/or make new friends as you play fun board games together!

Wed., January 27, 12–1pm

Game On (middle and high school students)

Test your gaming skills at this open-play video-game event! Wii U, Xbox 360, PS3, and more will be available.

Wed., January 27, 1:30–3:30pm

Movie afternoon (rated PG, all grade levels)

Wed., February 24, 12–1pm

Game On (middle and high school students)

Test your gaming skills at this open-play video-game event! Wii U, Xbox 360, PS3, and more will be available.

Wed., March 9, 1:30–3pm

Board games (all grade levels)

Bring your friends and/or make new friends as you play fun board games together!

Wed., March 23, 12–1pm

Game On (middle and high school students)

Test your gaming skills at this open-play video-game event! Wii U, Xbox 360, PS3, and more will be available.

Wed., April 20, 1:30–3pm

Board games (all grade levels)

Bring your friends and/or make new friends as you play fun board games together!

Wed., April 27, 12–1pm

Game On (middle and high school students)

Test your gaming skills at this open-play video-game event! Wii U, Xbox 360, PS3, and more will be available.



ADULT

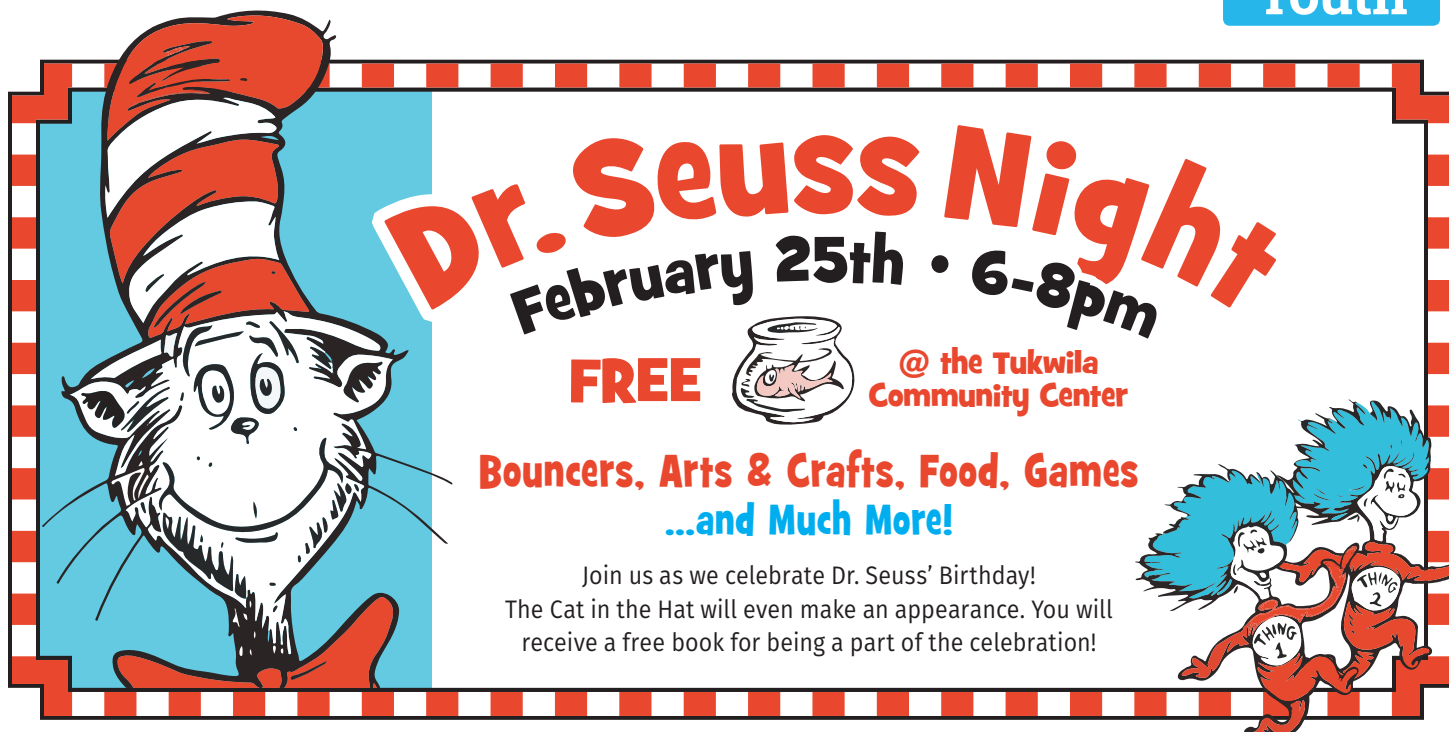
AARP Tax Help

Foster Library, Mondays

3:30–8pm, Feb 8–Apr 11


(except Presidents' Day holiday)

Get free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Please bring picture I.D., documented proof of Social Security Number, and last year's return as well as any current tax documents.



Dr. Seuss Night

February 25th • 6-8pm

FREE  @ the Tukwila Community Center

**Bouncers, Arts & Crafts, Food, Games
...and Much More!**

Join us as we celebrate Dr. Seuss' Birthday!
The Cat in the Hat will even make an appearance. You will receive a free book for being a part of the celebration!

Tukwila Community Center Preschool

At the TCC Preschool we focus on the interests of each individual child. We believe that children learn best through play and while interacting with others. Your child will learn and work on social emotional development, physical development and cognitive development.

Registration Opens April 1

For more info contact:
Kirstin.May@tukwilawa.gov

10% discount if paid in full at beginning of school year.

\$50 registration fee. (non-refundable)

Explorers (3's Class)

Sept. 13-June 9 ★ Tues/Thurs

9:30-11:30am ★ \$980 / \$850RD

Discovery Kids (Pre-K Class)

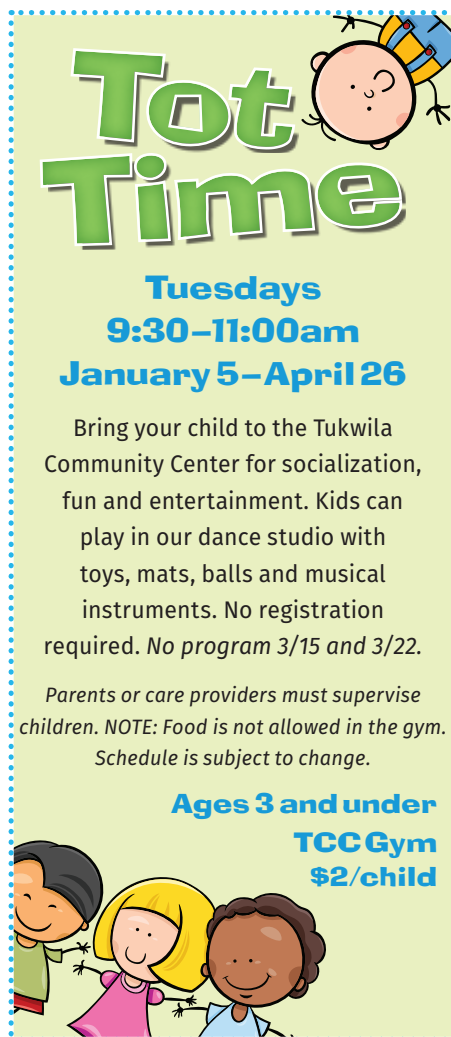
Sept. 12-June 10 ★ Mon/Wed/Fri

9:30am-12pm ★ \$1600 / \$1450RD

Adventurers (Pre-K Class)

Sept. 13-June 9 ★ Tue/Thur

12:00-3:30pm ★ \$1600 / \$1450



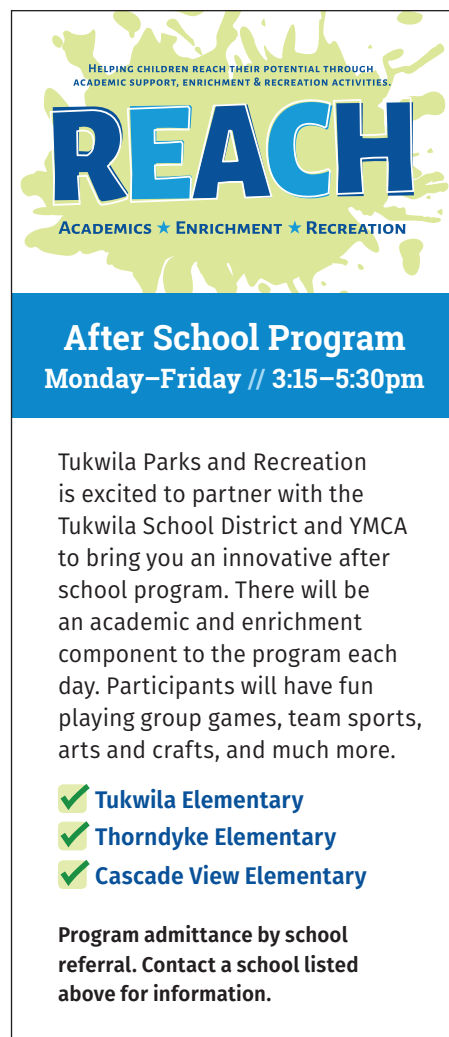
Tot Time

Tuesdays
9:30-11:00am
January 5-April 26

Bring your child to the Tukwila Community Center for socialization, fun and entertainment. Kids can play in our dance studio with toys, mats, balls and musical instruments. No registration required. *No program 3/15 and 3/22.*

Parents or care providers must supervise children. NOTE: Food is not allowed in the gym. Schedule is subject to change.

Ages 3 and under
TCC Gym
\$2/child



HELPING CHILDREN REACH THEIR POTENTIAL THROUGH ACADEMIC SUPPORT, ENRICHMENT & RECREATION ACTIVITIES.

REACH

ACADEMICS ★ ENRICHMENT ★ RECREATION

After School Program

Monday-Friday // 3:15-5:30pm

Tukwila Parks and Recreation is excited to partner with the Tukwila School District and YMCA to bring you an innovative after school program. There will be an academic and enrichment component to the program each day. Participants will have fun playing group games, team sports, arts and crafts, and much more.

- ✓ Tukwila Elementary
- ✓ Thorndyke Elementary
- ✓ Cascade View Elementary

Program admittance by school referral. Contact a school listed above for information.



SPRING BREAK CAMP

APRIL 4-8, 2016

Don't miss out on another great Spring Break Camp! Campers will enjoy a whole week's worth of fun, including fantastic field trips, great games, arts and crafts, and much more! If that's not enough we'll even throw in breakfast, and an afternoon snack. Space is limited, so sign up early to be a part of this amazing week!

Please bring a sack lunch daily.

GRADES K-6

**Mon-Fri ★ 6:30am-6:00pm
@ Tukwila Community Center**

April 4-8 \$130 / \$110RD 19451

*Daily rates are available at \$35/day for residents and \$45/day for non-residents.



**NO SCHOOL?
NO PROBLEM!**

Join us for an exciting day jam-packed with fun activities, including great games, awesome arts and crafts, and much, much more!

Children need to bring a sack lunch and a smile. We'll take care of everything else, including breakfast (served from 7:30-7:45am) and a light snack (served at 3:00pm).

**DON'T MISS THE FUN,
SIGN UP NOW!**

Tukwila Community Center • Grades K-6

Feb 1, Mon	6:30am-6:00pm	19472
Feb 16, Tues	6:30am-6:00pm	19473

\$45 / \$35RD

EARLY BIRDS

Get your day started off right!

**Join us every morning
as we enjoy games, projects,
movies, and more!**

- A light breakfast will be served between 7:15-7:30am.
- Early Birds follows the Tukwila School District calendar.
- Transportation to Tukwila schools provided by the Tukwila School District.

No program on 1/18, 2/1, 2/15-16, 4/4-8

**Grades K-6 • TCC
6:30am-School Start**

MONTHLY FEES

January \$100 // February \$95
March \$121 // April \$85

Early Release Wednesdays

Join us for some fun filled afternoons as we enjoy games, crafts, snacks and much more. Sign up for the early release program and spend the afternoon with us. A light snack will be provided. Transportation from Tukwila schools will be provided by the Tukwila School District.

**K-6 • Wednesdays • 1:00-6:00pm
@Tukwila Community Center**

January 13, 27	\$18	19476
February 24	\$9	19477
March 9, 23	\$18	19478
April 20, 27	\$18	19479

YOUTH DANCE

Pre-Ballet

This class will introduce younger students to basic ballet vocabulary and technique in a structured yet fun setting. Simple coordination, musicality, rhythm and concentration will be emphasized. Students are encouraged to explore space and enjoy dancing. Leotards and ballet shoes recommended. No class 2/15.

Ages 3-4 \$32 / \$25RD Mondays
Jan 4-Feb 22 4:45-5:15p 19452
TCC Dance Studio Instr: Alyssa Mabry

Ballet

This class will cover the fundamentals of classical ballet technique. It will focus on proper body alignment, French terminology and musicality. Please wear black leotard and pink tights. Ballet shoes are required. No class 2/15.

Ages 6-10 \$32 / \$25RD Mondays
Jan 4-Feb 22 5:15-6:00pm 19453
TCC Dance Studio Instr: Alyssa Mabry

Jazz

Join us for an upbeat dance class with lots of fun music! The one-hour class begins with a warm-up, isolations and stretching. Students will learn fundamental jazz steps and basic movement combinations, while jazz vocabulary is expanded. No class 2/15.

Ages 8 & Up \$32 / \$25RD Mondays
Jan 4-Feb 22 6:00-7:00pm 19454
TCC Dance Studio Instr: Alyssa Mabry



A.S.A.P. AFTER SCHOOL ACTIVITIES PROGRAM

@ Tukwila Community Center



Looking for something fun to do after school?

Well, you found the right place! Join us for games, crafts, homework help, music, fun and friends! Each day will combine at least 30 minutes of physical activities with crafts and projects that are sure to please everyone! A.S.A.P. follows the Tukwila School District calendar. Transportation from Tukwila schools will be provided by the Tukwila School District. *No program on 1/18, 2/1, 2/15-16, 4/4-8*

Grades K-6 • Location: TCC • School End-6pm

Monthly Fees: January \$143, February \$135, March \$173, April \$120

PARENTS NIGHT OUT

1ST FRIDAY OF EACH MONTH
6:00-10:00PM

JANUARY 8
FEBRUARY 5
MARCH 4
APRIL 1



Attention, all parents! Let us give YOU a rest! While you take the night off, we will treat your children to pizza, swimming, movies and other activities, all for much, much less than you would pay a babysitter!

Don't miss out on this great opportunity!
Space is limited so sign up today!

Grades K-6 • TCC • \$25 / \$20RD



FOCUSING ON FUN,
PARTICIPATION AND
SOCIALIZATION

PEE WEE SOCCER

BEGINS MARCH 5, 2016
FOR AGES 3 TO 6

Pee Wee Soccer is designed to develop and improve your child's soccer skills.

- » Please wear shin guards and cleats (tennis shoes ok).
- » Please bring a water bottle.

Ages 3-4 \$45 / \$35 RD Sat
Mar 5-Apr 9 9am-10am 19693

Ages 5-6 \$45 / \$35 RD Sat
Mar 5-Apr 9 10am-11am 19694

Location: TCC Ballfield

PARENT
VOLUNTEERS
NEEDED!

FLAG FOOTBALL NEW CAMP



Grades 1-5 • \$45/\$35RD
Saturdays • March 5-April 9

Grades 1-3: 9-10am #19629
Grades 4-5: 10:15-11:15am #19698

Our brand new Co-Ed Flag Football program is a great way to introduce youth fans to the game of football. Staff coaches will bring structure, organization, and supervision to each camp session. Every week we will focus on a specific fundamental skill which is then incorporated into age appropriate games. Most importantly, Flag Football Camp is designed to create a fun, safe, and exciting atmosphere for each child.

See you on the field!

What to bring: Comfortable athletic apparel, sneakers or rubber cleats, re-fillable water bottle

BASKETBALL BOOT CAMP

**MAY 2
TO MAY 26**

Monday & Thursday
\$45 / \$35RD

Grades K-2nd
6:00-6:50pm
#19634

Grades 3-6th
7:00-8:00pm
#19699

If you never get tired of the great game of basketball then this camp is for you. Our qualified staff will work through ball handling, shooting, passing, and team building. 2v2 and 3v3 scrimmages every camp day will bring together what was learned.

Grades K-6



Up All Night Basketball

April 15-16 ★ 8:00pm-8:00am

This overnight event is **STRICTLY FOR THE BALLERS** who can hoop all night. This event includes a 5-on-5 games, a partner three point contest, an all-star game, an open run, Gatorade, pizza, breakfast, and more. There will be a room dedicated for those that need to sleep. Bring your "A" game, hoop shoes, pillow and blanket if you need to, but we won't stop playing basketball until it's all over.

You can pre-register for this event at the Tukwila Community Center front desk. Registration will also take place the night of the event.

This is a lock in program. No one will be permitted to leave the Tukwila Community Center earlier than 7:00am.

Grades 6-12 @ Tukwila Community Center

\$15.00 ★ Registration #19468



Teen Open Gym

Jan. 11-Apr. 27 ★ Mondays & Wednesdays ★ 5:30-7:30pm

Bring your friends and join us at Showalter Middle School open gym program. A supervisor on site will create teams and run organized games for those wanting to play or just come and work on your jump shot. **No open gym during Spring Break.**

Grades 6-12 @ Showalter Middle School



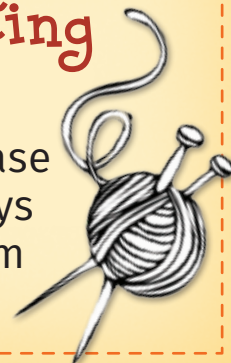
TEENS FOR TUKWILA

The mission of this group is to "Help teens prepare for their future." If this is something that interests you, then join our group. The major areas of focus are college preparation, a community service project, and job preparation. This leadership development group is open to high school students who live in Tukwila, and it is a tremendous opportunity for its members to have and create unique experiences that will impact their lives and future.

For more information contact Nate Robinson at 206.768.2822.

Teen Crochet & Knitting Group

Early Release
Wednesdays
1:00-2:00pm
@TCC



See page 6 for more early release options.



TEEN ROOM

MONDAY — FRIDAY
3:00—6:00PM
FREE ★ JAN 4—APR 29

GRADES 6-12
TUKWILA COMMUNITY CENTER

Need somewhere fun to hang out after school? Come down to the Teen Room at TCC. We have pool, air hockey, ping pong, crafts, study table, and much more. Best of all . . . it's FREE!

Teen Room Closed April 4–8

**BRING YOUR FRIENDS AND
 COME ENJOY SOME FUN AND
 SAFE RECREATION.**

*Check with us about early release
 Wednesdays.*

FRIDAY TEEN LATE NIGHTS

GRADES 6-12
**TUKWILA
 COMMUNITY
 CENTER**

**12424 42nd Ave S,
 Tukwila
 206.768.2822**



**Teen Late
 Night is
 THE place
 to be!**

A safe environment
 with awesome
 activities and games
 for teens that want to
 have a fun experience
 and hang out with
 their friends.

8:00PM-11:00PM
\$2.00

January 8, 15, 22
February 5, 12, 19, 26
March 4, 11
April 1, 8, 15

YOUNG ADULT

SPECIALIZED RECREATION PROGRAM

The City of Tukwila, in collaboration with the cities of Burien and SeaTac, offers monthly socials for teens and young adults with special needs. Food and drinks are provided at each event. No registration required.

Grades: 6 and up
\$6.00 per person
Fridays // 5:00–7:00pm

January 8 Social Night

Valley Ridge Teen Center
4644 S 188th St, SeaTac

February 12 Bowling

Hi-Line Lanes
15733 Ambaum Blvd, Burien

March 11 Art Night

Moshier Art Center
430 S 156th St, Burien

April 1 Bowling

Hi-Line Lanes
15733 Ambaum Blvd, Burien

SPECIAL INTEREST

Piano Lessons

TIMES FILL UP FAST!

Individual, 30-minute lessons catered to each student's level emphasize musical theory, physical technique and different styles (classically based, but also including jazz and ethnic music).

Call for updated class info! 206.768.2822
Several spots still open!

Ages: 5 & up

Tuesdays 30-minute lessons 2:30–7pm

Thursdays 30-minute lessons 3:30–8pm

TCC Social Hall

Instr: Kevin Johnson
& Loren Temkin



Adult ESL Class

ENGLISH AS A SECOND LANGUAGE

**FREE FOR ADULTS
18 & OVER.**

**Mondays & Wednesdays
6:00pm–8:00pm**

January 11–March 30, 2016
Tukwila Community Center
Classroom A

No pre-registration. Students should come to first class to register and do testing. No class 3/14 & 3/16.

For more information: Anne Soerens
with Literacy Source **206.782.2050**
or annes@literacysource.org



Learn to Crochet & Knit

DROP-IN PROGRAM

Have you ever wanted to learn to crochet or knit, then this drop in program is for you. Come to our free program led by an avid crochet and knitter. If you already know how to crochet or knit and just want to do it in the company of friends, then is for you too.

Wednesdays • 7:00–8:30pm

WEST AFRICAN DANCE

Students in class enter a kinesthetic dance mode of learning supported by cultural and travel stories. Your mobility, flexibility, and overall strength will increase. We will develop breath control to keep your body relaxed and mind focused. Fluid, graceful movements help to tone and strengthen your back and abdominal muscles, improving your posture and self-confidence. Experience The Feminine Essence! Exercise without even trying. Please be prepared to have more fun exercising though dance without even realizing it. The time will pass so quickly and you and your body will desire more.

No dance experience required.

Age 13+ • Fee: \$131 / \$119RD
Wednesdays • 8 sessions

Jan 13–Mar 2 7:15–8:45pm 19635

TCC Dance Studio
Instr: Franchesska Berry

MARTIAL ARTS



Tae Kwon Do

Guun Tado martial arts instructs students in the formal arts of Korean martial arts styles. Besides Tae Kwon Do, there are styles of Hapkido, Hwurang Do and street self-defense. This program is for the entire family. Registration deadline is five business days prior to class start date. No class 1/18, 2/15, 3/14-16.

New class starts every month.

Ages 6 & up	\$48 / \$40RD	Mon & Wed
Beginner		5:30–6:30pm
Intermediate		6:30–8:00pm
Advanced		7:30–9:00pm

TCC Social Hall Instructors: Glenn Diola & Carla Abbott

Yoshukai Karate

This class focuses on the individual's development of skill, coordination, balance and stamina. Learn the fundamentals of body, hand, and foot work-including blocking, kicking, and punching, which are all needed in self-defense and offense. Registration deadline is 5 business days prior to class start date. No class 3/15 & 17

New class starts every month.

Ages 5 & up	\$48 / \$40RD	Tues & Thurs
All Levels		6:10–7:10pm

TCC Dance Studio Instr: Betty Nibler



Duwamish Curve Café

11:00am–12:30pm
Tuesdays & Thursdays



Come and enjoy a delicious lunch every Tuesday and Thursday at the Tukwila Community Center. On Tuesdays there is live music, on Thursdays we have beautiful piano music with Mexican Train Dominos that follow. Stop by the front desk for a Monthly menu.

Tukwila Community Center
Open to the public

No lunch 3/15–24



project feast

empowering immigrant & refugee cooks



For information on Project Feast please contact us at:
hello@projectfeast.org or **206.249.9848**

International Cooking Class

Learn how to cook food from other countries through Project Feast, a nonprofit that trains refugee and immigrant cooks. Graduates of Project Feast programs and community members are the instructor for these delicious cooking classes. They are able to share a wealth of knowledge about their cuisines and cultures. You will be part of a small group that is part class, part feast, and part community kitchen. These classes tend to sell out fast, so book your spot soon! A minimum of five people are needed to make a class happen. Cuisines are subject to change based on instructor availability.

Registration deadline is 5 business days prior to class start date.

Ages 18 & up \$42 / \$35RD Mondays

January 11 Eastern European 5:30–8:30pm 19630

February 8 Middle Eastern Baking 5:30–8:30pm 19631

April 11 South East Asian 5:30–8:30pm 19632

TCC Kitchen Instructor: Project Feast Staff

**To sign up for an international cooking class,
call Tukwila Community Center: 206.768.2822.**



Let Us Cater Your Event

with Project Feast



This is a great opportunity for our trainees to work as paid apprentices in the Project Feast kitchen and for you to taste delicious recipes from all over the world. Contact us for affordable options for meetings and special events.

**For information on Project Feast
Catering please contact us at:
hello@projectfeast.org
or 206.249.9848.**

Habitat Restoration Volunteers Needed

There are many ways to get involved!



Restore the Duwamish Shoreline Challenge

**WORK PARTIES: 1–4pm
February 12 and March 11**

Join the City in restoring the Duwamish River shoreline by participating in one or all of the work parties.

For more information contact Shannon Fisher at shannon.fisher@tukwilawa.gov or 206.768.2822

Duwamish Alive!

**WORK PARTY: 10am–1pm
Saturday • April 16**

Join the Duwamish Alive Coalition to help preserve and enhance habitat for people and wildlife, and improve the health of the Puget Sound by working within the Duwamish River watershed. Restoration is on-going throughout the year, but it's only during Duwamish Alive that our organizations come together to host hundreds of volunteers at multiple sites to make a huge impact on the same day! We provide the instructions, tools and even snacks and coffee to keep you energized.

For more information visit the website at www.duwamishalive.org or call 206.923.0853

Duwamish Hill Preserve

**WORK PARTIES: 11am–1pm
February 20 and March 19**

Join restoration parties to help the Preserve. Families are welcome, no experience necessary.

For more information visit Forterra.org, contact volunteer@forterra.org or call 206.905.6952

Hands on Tukwila: Healthy Earth, Healthy You 5K Run & Walk

Saturday, April 23 • 9:00am

Bring your friends, family and neighbors to Tukwila on April 23rd for some GOOD, HEALTHY, FUN – for YOU and the EARTH! Participate in the 5k Fun Run & Walk along the beautiful Green River Trail. Once you've raised your heart rate, participate in our ongoing restoration efforts along the Green River Trail – plant a tree or shrub in honor of your dedication to caring for your health as well as the health of our planet.

For more information contact Shannon Fisher at Shannon.Fisher@tukwilawa.gov or 206.768.2822

BE THE DIFFERENCE IN YOUR COMMUNITY!

Become a volunteer! We can assemble volunteer projects that will be meaningful and fun for you or your business or organization!

Please contact Shannon Fisher at Shannon.Fisher@tukwilawa.gov or at 206.768.2822 for more information and details!



NATIONAL VOLUNTEER WEEK

JOIN US FOR A...

VOLUNTEER APPRECIATION CELEBRATION

Tukwila Community Center
Thursday, April 14
5:00–6:30pm

No matter how or where you volunteer, we want to celebrate you and your service to Tukwila. We invite current, past and future volunteers to join us for this popcorn buffet in the atrium at the Tukwila Community Center.

For more information please contact Shannon at **206.768.2822** or via email at **Shannon.Fisher@tukwilawa.gov**



Martin Luther King, Jr. DAY OF SERVICE

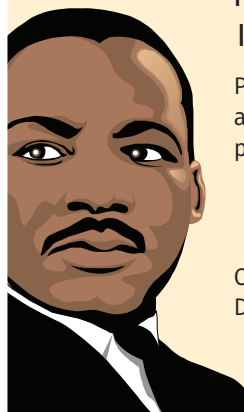
MONDAY, JANUARY 18th
9:30–11:30am

FORT DENT PARK PLAYGROUND
14800 STARFIRE WAY, TUKWILA

Pitch in for Parks! Volunteers of all ages and ability levels are welcome! Various projects include:

weeding • mulching • trash-pickup
• trail clean-up • habitat restoration

Come out and join us on this National Day of Service, **'a day on, not a day off!'**



Healthy Earth, Healthy You 5K Fun Run & Walk and Restoration Event Saturday, April 23 • 9:00am

Bring your friends, family and neighbors to Tukwila on April 23rd for some GOOD, HEALTHY, FUN – for YOU and the EARTH! Participate in the 5k Fun Run & Walk along the beautiful Green River Trail.

Once you've raised your heart rate, participate in our ongoing restoration efforts along the Green River Trail – **plant a tree or shrub in honor of your dedication to caring for your health as well as the health of our planet.**

TO REGISTER: Call 206.768.2822 // PRE-REGISTRATION \$15



NOTE: We are currently looking for community volunteers and partners to help with this event. **If you are interested in volunteering please call Shannon at 206.768.2822 or email Shannon.Fisher@tukwilawa.gov**



VOLUNTEER SPOTLIGHT



Jess Jerwa

Jess Jerwa was the first volunteer in the Tukwila Office of Emergency Management. After completing the Community Emergency Response Team (CERT) training here in Tukwila, Jess began assisting the office with a

number of projects, including facilitating additional CERT classes, planning for a Community Point of Distribution process, and several administrative tasks. In addition to CERT, Jess has also attended other trainings to help build skills in emergency management related topics so she can be most useful when needed. Jess is a resident of Tukwila, and when she is not assisting our office, she is also a volunteer for a number of other programs, including Civil Air Patrol. She takes great pride in all that she does and has become a highly valued addition to the emergency management team.

Thank you, Jess, for all of your hard work!

SPORTS & FITNESS

Family Fitness

Fitness fun and games!

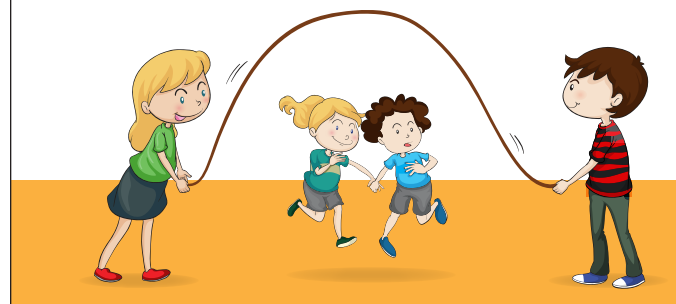
Join us for a 45-minute fun-filled class, designed for the whole family (ages 5 and up).

Monday & Wednesday

@ 6:00pm Starting March 28th

Tukwila Community Center • Gym

Included in fitness membership
or \$3 drop in per person.



Get Your Taxes Done For Free @ TCC!

LIVE UNITED



United Way of King County

You can have your taxes prepared by IRS-certified volunteers through United Way of King County's Free Tax Campaign. Along with tax preparation (including back-year taxes), you can get help with healthcare enrollment, credit report pulls, and access to other benefits.

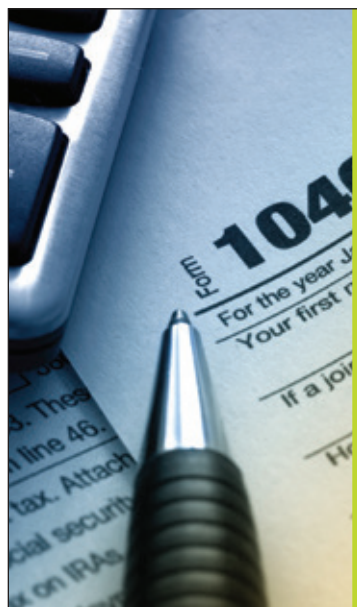
This community service is 100% free. No appointment is needed—walk-ins are welcome. Returns are e-filed and you'll receive your refund fast!

For details on what to bring, languages spoken at the site, and to answer any other questions, visit www.uwkc.org/taxhelp or call 2-1-1.

January 11th – April 21st

TUESDAY & THURSDAYS 5:00PM–8:00PM
SATURDAYS 10:00AM–2:00PM

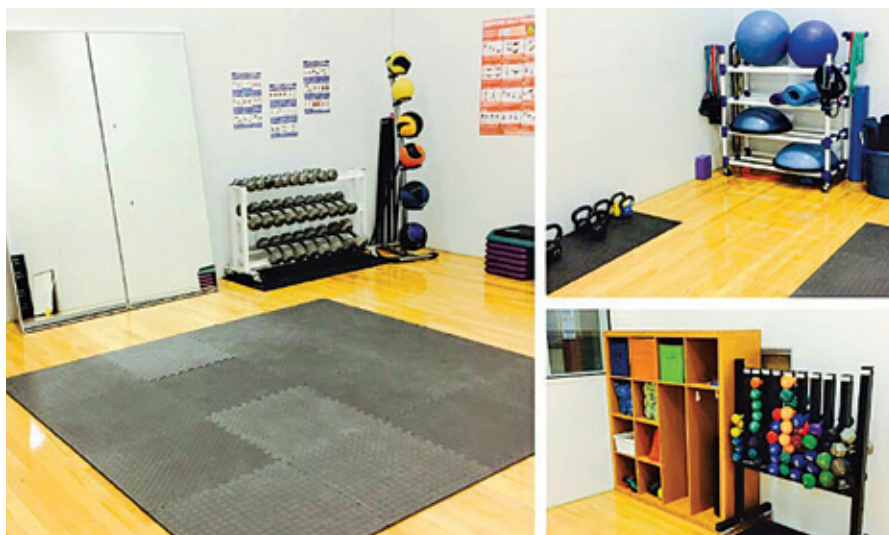
TCC, Classroom A // No tax help March 14–20



Personal training available at TCC

What are your fitness goals?

Whether you want to achieve weight loss, muscular toning, cardiovascular endurance, or overall improvement of health and wellness, TCC's personal trainers will design a detailed program and motivate you to achieve YOUR individual fitness goals.



Purchase a Six Pack and get a 1 month Fitness Pass for FREE

60-minute sessions

Single	\$30
Triple Play	\$80
Six Pack	\$150

Buddy Prices (2-3 people)

Single	\$25 each
Triple Play	\$70 each
Six Pack	\$120 each

NEW Fitness Studio Now Open

EMAIL: personal.trainer@tukwilawa.gov to work with a personal trainer and get fit the way YOU want.

Jocelyn Shelby



My passion and focus is to make your fitness journey FUN and challenging to help you achieve and maintain a fit, healthy and happy lifestyle. I am excited to guide and motivate you to become the BEST you can possibly be!

Work with one of our personal trainers in a non-intimidating private setting!

Kerry James



My training philosophy:

- > Focus on the fundamentals of movement
- > Apply the five components of fitness, which include: muscular strength, body compositions, muscular endurance, cardio respiratory endurance, and flexibility
- > Reachable goals
- > Teach workouts that clients can also recreate their own
- > Workouts tailored to individual needs
- > For sports specific training, I challenge and push the athletes to reach their full potential



This Could Be You!

Interested in being one of our personal trainers?

Contact us!

Steve.Batz@tukwilawa.gov

COMMIT TO BE FIT!

With a fitness membership you can drop in anytime for any of these great classes shown here. **FLEXIBLE. EASY. FUN.**



BODY SCULPTING

This group weight training class is designed to develop high functional strength for an active lifestyle and everyday activities. Please bring a towel.

BOOT CAMP

This class will put you to the test with a circuit of drills including running, jumping jacks, push-ups, squats, and crunches. Great for people with busy schedules who need to pack a hard workout into a quick hour.

HARDCORE

A strong core is key to physical fitness and your overall quality of life! Improve your strength, posture, and stability with this core-centered workout using functional fitness equipment and your own body weight.

KICKBOXING 101

Kickboxing is fun and effective way to get an awesome workout while also learning a new skill. Jab, kick, and strike your way to a leaner, stronger, you! ZERO experience necessary and all fitness levels are welcome.

MIXXEDFIT®

MixedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. MixedFit® combines popular dance music typically heard on the radio with repetitive, easy to follow dance moves and boot camp toning to create a workout that is challenging, effective, and FUN!

RIZZMIC®

A 60 minute cardio roller coaster through American dance! We begin with a five minute, warm up sequence, then we delve into the melting pot. We'll go from a 1950's jitterbug to a heavy hitting hip hop routine, then a high energy country swing, followed by a dramatic Broadway number. You can expect things like disco, hula, Charleston, rock & roll, modern jazz, 60's go-go, pop and hip hop from the 80's through the most popular artists of today. We will always end class with a low intensity cool down routine and lyrical stretch. Rizzmic® is a high intensity dance fitness experience that seamlessly blends exercise with truly stylized dance!

TABATA

Burn more calories in less time! This is a workout that is short, efficient and can fit in almost any fitness program at varying fitness levels/ability. Basic TCC Tabata outline: six exercises, 20 seconds at your personal best, 10 seconds rest in between each exercise. Total of eight sessions/rounds.

TAI CHI

This class will introduces the basic movements of Tai Chi with a focus on the fundamentals of the practice and an emphasis on relaxation. By the end of the course, students will have learned a beginning Tai Chi pattern excerpted from the Standard 24 Form. If there is time there may be instruction in the entire 24 posture pattern form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience, are welcome.

YOGA

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.

ZUMBA TONING

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercise and high-energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Learn to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODY SCULPTING		6:00–7:00pm JOLENE Fitness Room		6:00–7:00pm JOLENE Fitness Room		
BOOT CAMP	12:05–12:55pm ALISSA • Gym		12:05–12:55pm ALISSA • Gym		12:05–12:55pm STEVE • Gym	Bilingual Boot Camp (English/Spanish) 9:00–10:00am CESAR • Social Hall
HARDCORE	6:40–7:40AM ALISSA • Gym				6:40–7:40AM ALISSA • Gym	
KICKBOXING 101			6:40–7:40AM ALISSA Fitness Studio			
MIXXEDFIT®		5:00–5:55pm WENDY Fitness Studio		5:00–5:55pm JAVONNE Dance Studio		8:00–9:00am WENDY Dance Studio
RIZZMIC®		7:15–8:15pm KADEARDRA Dance Studio		7:15–8:15pm KADEARDRA Dance Studio		
TABATA		12:05–12:55pm ALISSA • Gym		12:05–12:55pm ALISSA		
TAI CHI			6:00–7:00pm Dance Studio	9:00–10:00am Dance Studio	6:00–7:00pm Dance Studio	
YOGA		6:15–7:30pm ROGER Classroom B		6:15–7:30pm ROGER Classroom B		
ZUMBA TONING	7:00–7:45pm KRISTYNA Banquet Hall		7:00–7:45pm KRISTYNA Banquet Hall			

Jazzercise is an additional fee of \$5 for members payable to instructor.

JAZZERCISE See page 22 for more details.	7:50–8:50am 6:05–7:05pm	6:05–7:05pm 7:15–8:00pm* (*Express Strength)	7:50–8:50am 6:05–7:05pm	6:05–7:05pm	7:50–8:50am	9:15–10:15am
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	ADULT	YOUTH (17 & under) and SENIOR (50+)
10-visit Fitness Punchcard*	\$45 / \$40 RD	\$27 / \$24 RD
1-Month Pass*	\$36 / \$29 RD	\$24 / \$19 RD
3-Month Pass*	\$99 / \$78 RD	\$66 / \$51 RD
6-Month Pass*	\$185 / \$148 RD	\$121 / \$97 RD

*The above passes include use of the fitness room, most fitness classes, and open gym activities during scheduled sessions.

NO JOINING FEES!



Saturday Bilingual Boot Camp

NEW! This class will put you to the test with a circuit of drills including running, jumping jacks, push-ups, squats and crunches. Great for people with busy schedules who need to pack a hard workout into a quick hour.

Begins Saturday, January 2nd
9:00am–10:00am in the Social Hall
 See page 21 for Fitness Pass information.



Adult Volleyball League

Tuesdays // 6:00–9:00pm

Adult COED Volleyball leagues are offered three (3) times throughout the year. All games are played at TCC on Tuesday nights starting at 6pm. Teams play two matches of three games per night. Level of play is Recreational (non-spiking & non-blocking). The league is self-organized (call your own) and teams must have three women on the court at all times. Teams play 20 league matches—no playoffs. Teams must have 50% or more residents on the roster to qualify for the resident discount.

Winter League

Jan 6–Mar 10 \$161 / \$146RD 19366

Jazzercise

We bring the moves you turn up the heat!

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence? That's where we come in. It's a calorie-torching, hip swiveling, Shakira'd-be-proud party with a hot playlist to distract you from the burn (up to 800 calories-per-hour). We'll leave you breathless, toned and coming back for more. New students please arrive 10 minutes early to register. Eight classes a week available.

TCC fitness pass holders pay only a \$5 drop in fee to the instructor to participate.

Register online at www.jazzercise.com or in class with instructor. Questions contact Cory O'Brien at tukwilajazzercise@gmail.com or call 206.870.4750.

Mon, Weds, Fri	8:00–9:00am
Saturday	9:15–10:15am
Mon–Thurs	6:05pm



Women's Only Fitness Times

Saturdays 2:00–5:00pm
Sundays 1:00–3:00pm
TCC Fitness Room

Adult 40+ • Daytime Open Gym Basketball

Tuesday & Thursday
1:00–3:00pm

Drop in fees required
 (included in fitness pass membership)
 *Cancellations may occur without prior notice

Attention Local Businesses

Let us help develop or enhance your worksite wellness program.



Improving the health of your workers will benefit your company:

- » Weight reduction
- » Improved physical fitness
- » Lower stress levels
- » Improved morale
- » Reduced employee absenteeism
- » Increased productivity
- » Reduced healthcare costs

We can customize a low-cost plan that would work for a company of two to 2,000 employees. Make an appointment today to learn about our offerings and tour our facility, or we can come directly to your office, staff meeting, or wellness/safety fair.

Call 206.768.2822



DISCOVER YOUR GOLF COURSE!

Foster is an 18-hole golf course with a welcoming clubhouse, the award-winning Billy Baroo's Restaurant, the Foster Golf Shop, and banquet and meeting rooms.



5 Lessons
from a PGA
Professional
for only \$99

Register for Get Golf Ready:

- Join in a series of group lessons
- Learn in a casual, friendly setting
- Get on to the course to play
- Enjoy the outdoors
- Spend quality time with friends and family and meet new golfers

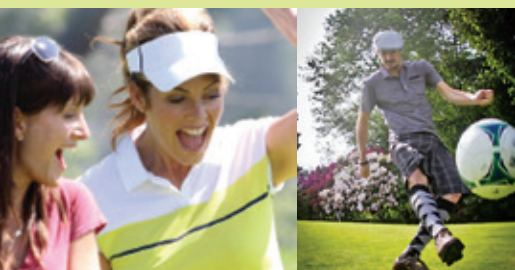
PLAY FOOTGOLF AT FOSTER

FootGolf combines the popular sports of golf and soccer. Over an 18-hole round, the FootGolf course utilizes Foster's existing tee boxes, fairways, bunkers and water hazards, while using their own set of FootGolf greens.

RESIDENT SPECIAL
\$20.00
OFF
ANY GET GOLF READY
LESSON PROGRAM

GET
GOLF
READY

If you LIVE or WORK in Tukwila,
bring in this coupon for a one-time
discount of \$20.00 off any Get Golf
Ready Lesson Program.



Steak, Seafood, Burgers
& Patio Dining with a
Golf Course View
206.588.2763
www.billybaroos.com



GOLF • FOOTGOLF • GET GOLF READY • JUNIOR PROGRAM • JUNIOR CAMPS • SATURDAY JAZZ NIGHTS

TO LEARN MORE VISIT: www.fostergolflinks.com

Foster Golf Links // 206.242.4221 // 13500 Interurban Ave S., Tukwila, WA 98168



Good Healthy Fun is Ageless!

Welcome to the City of Tukwila Senior Program

Our goal is to provide you with a well-rounded program to meet the needs of mature adults 50 years of age or older. If you have program ideas or suggestions, please contact your Senior Program staff at:

Tukwila Community Center
12424 42nd Avenue South
206.768.2822

Registration

The registration deadline for classes and workshops is one (1) week in advance, unless otherwise noted.

Transportation

We provide transportation for many of our programs for non-driving seniors living within the Tukwila service area.

Hyde Shuttle Transportation

Need to go shopping? Want to visit a friend? Have a doctor's appointment? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services.

Shuttle Service hours are Monday-Friday from 9:00am-4:00pm. Call today to schedule a ride! 206.727.6262.



SERVICES

Lunch Program

You can enjoy delicatessen style sandwiches, soups, salads and fresh baked treats at a reasonable cost in the Duwamish Curve Café. The Café is located at Tukwila Community Center and is open to the public from 11:00am to 12:30pm on Tuesdays and Thursdays. *No lunch 3/15-24.*

Meals on Wheels

Are you or someone you know homebound or having difficulty getting meals? We are part of King County's "Meals on Wheels" program, delivering meals weekly to the homebound. Orders are taken on Mondays from 9:00-10:00am. Meals are delivered on Thursdays between 9:00-11:00am.

Call 206.448.5767 for info or apply on line @ www.seniorservices.org/foodassistance/mealsonwheels.aspx

Pet Food Program

Are you having trouble getting pet food for your canine or feline friend?

Contact us at 206.767.2321 to apply for the FREE pet food program.

Foot Care

Our health nurse is here to provide you with foot care on the third Thursday of each month. Appointment times are from 9:00am-2:30pm. *No foot care in March.*

Call 206.768.2822 for an appointment. \$20 cash or checks accepted. Please bring your own towel.

Help Us, Help You – Human Services Assistance

Do you or someone you love need to connect with social and health services, need energy assistance or minor home repair? Tukwila Human Services staff will be at Tukwila Community Center to assist you with your human service needs on the 4th Wednesday of each month from 9:00-11:00am. These meetings are confidential and by appointment only.

Let us know what we can do for you by calling the senior program staff at 206.768.2822.

SOCIAL PROGRAMS Everyone welcome!

FREE activities at the Tukwila Community Center • Fireside Lounge

Bridge	Mondays 10am–2:00pm	Everyone is welcome to take part in open play bridge. Call 206.242.3681 at least two days ahead for registration information.
Progressive Pinochle	Tuesdays 12:30–2:30pm	Don't miss this wonderful opportunity to enjoy great company and a relaxing time playing pinochle.
Open Game Days	Thursdays 12:30pm	Join us for game day with Scrabble, Mexican Train, Canasta and more.

SERVICES

Volunteer Transportation

Volunteer transportation helps isolated, frail, low-income seniors who are without other transportation options to medical and other essential medical appointments. Call seven days in advance of appointment to schedule a FREE ride.

Call Senior Services (Sound Generations) at 206.448.5740.

WANTED

If you are 50 years of age or older and live in Tukwila, the Tukwila Parks and Recreation Senior Program Staff would like your opinion. As you age in place in the City of Tukwila we want to know what kind of programs and services you would like to see offered by the recreation department.

Please call Sheri McConnaughey at 206.767.2321 if you would like to be on a planning committee or just want to give your input.

GENERAL INTEREST

Open Studio

Do you have a love for the arts? Come join our open studio to learn how to paint or fine tune your skills. We have an instructor that teaches beginning and advanced techniques in oil painting and water colors. No class 3/17

\$34 / \$27RD Thursdays 4 classes

Jan 7–28 10:00am–Noon 19525

Feb 4–25 10:00am–Noon 19526

Mar 3–31 10:00am–Noon 19527

Apr 7–28 10:00am–Noon 19528

TCC Class Room B Instr: Marianne Perkins

Senior Line Dancing

Learn basic dance steps, as well as the Electric Slide, Slap Leather, Boot Scootin' Boogie and many other easy to master dances. No partner needed.

\$3 drop in • Tuesdays

Jan 5–26 1:15–2:15pm

Feb 2–23 1:15–2:15pm

Mar 1–29 No class 3/15 & 22 1:15–2:15pm

Apr 5–26 1:15–2:15pm

TCC Social Hall

Aging & Alzheimer's Workshops

Sponsored by the Tukwila Library Advisory Board

Communicating with Persons with Dementia

Thursday, January 7

Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and to improved quality of life for both care recipient and care partner. This class will help participants learn to understand and enter the world of the person with dementia and implement techniques for improving communication.

FREE 9:30am–11:00am 19662

Understanding and Responding to Dementia-Related Behaviors

Thursday, February 4

This workshop provides hands-on tools for interacting with individuals with dementia-related behaviors that can be challenging for caregivers. Participants will learn to decipher the meaning of behaviors and uncover their triggers, as well as intervene to decrease distress and the incidence of these behaviors. This workshop will also provide a brief overview of dementia basics.

FREE 9:30–11:00am 19663



FITNESS AND ATHLETICS



Tukwila Trailers

Women of all ages are invited to participate. This group meets at TCC each Monday to hike, rain or shine. Please contact the senior programs office for space availability and schedule.

\$10/\$8 RD Mondays

Departs TCC at 8:45am

		Item	Rating*
Jan 4	Woodinville Trail	19545	1
Jan 11	Game Farm Trail	19546	1
Jan 25	Snoqualmie Trail	19547	2
Feb 1	Centennial Trail Snohomish	19548	1
Feb 8	Soos Creek Trail	19549	1
Feb 22	Snow Geese Fir Island	19550	2
Feb 29	Nelson Park Poulsbo	19551	2
Mar 7	Buckley-Enumclaw Trail	19552	2
Mar 14	Des Moines Creek	19553	2
Mar 21	Foothills Trail Orting	19554	1
Mar 28	Magnuson Park	19555	1
Apr 4	Teen Hike/ TBA	19556	2
Apr 11	Padilla Bay	19557	2
Apr 18	Puyallup River Trail	19558	1
Apr 25-26	Natapoc Overnighter <i>Additional Fee TBD</i>	19559	2

*RATING

- 1: Paved and/or Smooth Trail Surface
- 2: Some Hills; Exposed Roots and Rocks Possible
- 3: Some Difficult Terrain; Hills or Stairs

Enhance Fitness

Feel empowered to sustain a life independent health with a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

\$34/\$27 RD Mon, Wed, Fri

No class Jan 18, Feb 15, Mar 14-25

Jan 4-29 M/W/F 9-10am 18926

Feb 1-29 M/W/F 9-10am 18927

Mar 2-30 M/W/F 9-10am 18928

Apr 1-29 M/W/F 9-10am 18925

TCC Dance Studio • Drop-in \$3/day

FREE for Group Health members

Open Weight Room

Mon, Wed & Fri • FREE • TCC

6:30am-12pm • Fitness Room

FREE Fitness Room time for senior residents age 50 and above. Proof of residency required.

MALL WALK AT

Westfield
SOUTHCENTER

Meet your Tukwila Parks and Recreation Senior Program Staff person every Thursday at 7:30am for a walk in the mall. This is a great opportunity to make new friends while staying healthy. It can be just for fun or if you are a little more competitive we can track your mileage for rewards for meeting certain mile stones. We will meet at the sky bridge outside of the JC Penney's store. SEE YOU THERE!



Senior Volleyball League

WINTER RECREATION LEAGUE
Oct 15, 2015 – March 10, 2016

Thursdays • 9am-1:00pm
20 week season • 19400

2nd half of season \$38 w/shirt
\$31 w/out shirt

Each year our volleyball league gets more and more popular and we'd love to have you join the fun! We welcome new teams and individuals who want to participate.

Open Gym Volleyball

Mon, Wed & Fri • Fee \$3.00

9:00am-Noon • TCC Large Gym

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.



The nation's leading Medicare exercise program for older adults.
Free membership for those 65+ with supplemental health plans.
Inquire with your insurance provider or @ TCC Front Desk

What Is SilverSneakers?

The award-winning SilverSneakers fitness program is the nation's leading fully-funded Medicare exercise program for older adults. Born out of the need for a fitness program tailored specifically to the Medicare-eligible population, SilverSneakers was developed in 1992 to engage and reach a population that may have never been to a fitness location.

SilverSneakers Fitness Pass

Tukwila Community Center is an eligible site for SilverSneakers. This gives adults 65+ on Medicare with the following supplemental health plans a free membership to the several fitness programs. Blue Cross/Blue Shield, Aetna National, Columbia Community Care, Essence, Group Health Cooperation, Humana, Spokane Community Care and WellPoint-National. Please contact the front desk for more information.

SilverSneakers Seniors Classes

With a fitness membership or SilverSneakers pass you can drop in anytime for any of these great classes shown here. See page 2 for membership information.

SilverSneakers CLASSIC

Classic is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

Enhance Fitness

Feel empowered to sustain a life of independent health in a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

Open Gym Volleyball

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.

Tai Chi

This class will introduce the basic movements of Tai Chi with a focus on the fundamentals of the practice and an emphasis on relaxation. By the end of the course, students will have learned a beginning Tai Chi pattern excerpted from the Standard 24 Form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience, are welcome.

Yoga

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SilverSneakers CLASSIC	8:00–8:45am Social Hall Alissa	10:00–11:00am Dance Studio Katie	8:00–8:45am Social Hall Alissa		10:00–10:45am Dance Studio Katie
ENHANCE FITNESS	9:00–10:00am Dance Studio Loraine		9:00–10:00am Dance Studio Loraine		9:00–10:00am Dance Studio Loraine
LINE DANCING		1:15–2:15pm Social Hall			
MALL WALKERS				7:00–9:30am Westfield Mall	
OPEN GYM VOLLEYBALL	9:00am–Noon Gym		9:00am–Noon Gym		9:00am–Noon Gym
YOGA		6:15–7:30pm Classroom B Roger		6:15–7:30pm Classroom B Roger	
TAI CHI			6:00–7:00pm Dance Studio	9:00–10:00am Dance Studio	6:00–7:00pm Dance Studio

TRIPS & SPECIAL EVENTS

All trip destinations and times are subject to change. Participants are responsible for being at TCC in time for departure. Unless otherwise noted, all trips depart and return at TCC. The Tukwila Senior Program will only notify clients if there is a change in time from what is stated in the brochure.

RESERVATIONS

RESERVATIONS MUST BE MADE IN PERSON OR BY PHONE. Trip fees must be PAID UPON REGISTRATION. Make check/money orders payable to Tukwila Community Center. You may register yourself and one other person for any program/trip in this brochure. Registrations may start early for certain trips, please review special conditions noted in the trip description.

Due to the number of people on the trips, group reservations are usually made for lunch. If you don't want to eat lunch with the group, please inform staff at the time of your reservation. When lunch is included in the trip, please inform staff of any dietary restrictions you may have and we will try to accommodate your needs.

CANCELLATIONS

To receive a refund, cancellations must be made one week prior to the trip. Extended trip cancellation deadlines may vary, please contact the Senior Programs office.

TRANSPORTATION

Transportation to TCC for trip departure is available for non-driving participants within the service area. Please make arrangements for transportation at registration.

.....
Extended Travel

Opportunities on Page 30!
.....

New Year's Bunco

Wednesday, January 6

Bring in 2016 with new and old friends playing this easy dice game. Prizes will be given out to the Biggest Winner, Most Bunco's and Biggest Loser. Lunch is included.

10:30am-2:30pm \$13 / \$10RD 19504

Cirque Ziva/Auburn Performing Arts Center

Saturday, January 16

A beautiful and technically brilliant show, Cirque Ziva features a skilled troupe of 25 whom present both traditional and modern Chinese acrobatics, dance, aerial stunts, contortion and more. Enjoy ancient and contemporary music, stunning costumes, and outstanding atmosphere from producer Danny Chang (Artistic director, Golden Dragon Acrobats).

6:00pm-10:00pm \$33 / \$28RD 19490

Tulalip Casino

Wednesday, January 20

Join us as we travel north to the Tulalip casino in Marysville, WA. Spend the day gambling or stroll on over the Seattle Premium Outlets. Lunch will be on your own.

8:30am-4:00pm \$15 / \$12RD 19506



River Valley Cheese

Wednesday, January 27

Today you will become an artisan cheese maker. We will have a two hour private session to learn hands on how to make cheese. It also includes an unlimited cheese buffet plus 2lbs of cheese to take home.

10:00am-3:00pm \$55 / \$50RD 19491

Valentine Bunco

Wednesday, February 10

Come join us for a sweetheart of a day filled with food, fun, and prizes. Lunch will be provided

10:30am-2:00pm \$13 / \$10RD 19493

Ring of Fire

Saturday, February 13

Follow Jonny Cash's life through his music at the CENTERSTAGE Theatre in Federal Way. Drawn from the songbook of Jonny Cash comes a unique musical about struggle and success, rowdiness and redemption.

12:30pm-5:00pm \$40 / \$35RD 19492

EMP: Experience Music Project

Wednesday, February 17

Have you ever wondered what that funky looking blob of a building is sitting on the east side of the Seattle Center? Well today you will find out! Explore the music of yesterday and today.

9:30am-3:00pm \$30 / \$27RD 19498



Friday Lunch Excursions Rural Dining **NEW**

Enjoy the beautiful region we live in with some time by the water.

Depart TCC at 11am \$5/\$3RD Fridays

January 22: Black Diamond Bakery
Black Diamond 19510

February 19: Maltby Café
Maltby 19508

March 25: Rainier Bar and Grill
Enumclaw 19495

April 22: Cabbage Patch
Snohomish 19496

LUNCH ON YOUR OWN.

Quilceda Creek Casino Wednesday, February 24

Visit the newly remodeled Quilceda Creek Casino located in Marysville. Today might just be your lucky day!

8:30am-4:00pm \$15/\$12RD 19511

Ostrom's Mushroom Farm Tour

Friday, March 4

Ostrom's Mushrooms is located at mushroom corner in Olympia, Washington. Family owned and operated since 1928, they have been Washington's choice for quality fresh mushrooms. Today we will visit the farm and see their operations. This is a **walking tour**. Wear sturdy shoes and weather appropriate gear.

8:00am-4:00pm \$15/\$12RD 19513

Bainbridge Organic Distillers Tour

Wednesday, March 9

Bainbridge Organic Distillers was founded as a family business in 2009, and since the beginning they perform every task in the making of distilled spirits on site and with their own hands. They are proud to be the State's first distillery of organic gin, Vodka and Whiskey. Come have a taste today.

8:30am-4:00pm \$18/\$15RD 19512

The Point Casino

Wednesday, March 23

The Beautiful Point Casino is located on the North Kitsap Peninsula in Kingston, WA. We will drive around and have a scenic ferry ride home. Lunch will be on your own.

8:00am-4:00pm \$15/\$12RD 19505

My Heart Is the Drum Village Theatre in Issaquah Wednesday, March 30

A spirited and inspiring new musical. This inspiring new musical is the story of a young woman from a small village in Ghana and the lengths she will go to realize her dreams.

6:00-10:00pm \$50/\$45RD 19503

Flower World in Maltby, WA Wednesday, April 6

Flower World, Inc. was founded in 1968 by John and Marijke Postema on four acres of land. Today, it is 15 acres of retail display green houses and gardens. Lunch will be on your own.

8:30am-4:00pm \$15/\$12RD 19494

Tulip Trip/Mt Vernon Wednesday, April 13

Take a day and enjoy the beauty of the Tulip fields of Mt. Vernon, Washington. We will visit Roozengarde bulb farm and display garden with an ice cream stop at the Snow Goose fruit stand. Lunch will be on your own.

8:30am-4:30pm \$15/\$12RD 19509

High Tea/British Wednesday, April 20

Come dressed in your fanciest hat and enjoy High Tea prepared and served by the Daughters of the British Empire. The tea will also include a raffle to support their organization. Surprise entertainment. Prizes will be awarded.

12:00 Noon \$20/\$25RD 19507

Snohomish Antiques Wednesday, April 27

Enjoy the day visiting 175 antique dealers located in 11 shops in the antique capital of the northwest Snohomish. Find out how much all the trinkets in your basement might be worth. Lunch will be on your own.

8:30am-3:30pm \$15/\$12RD 19489

TRIPS & SPECIAL EVENTS



Red Hat Society

The "Duwamish Divas" chapter of the Red Hat Society is having a wonderful time.

The only responsibility that the Red Hat Society has is for each chapter to have fun. The Duwamish Divas takes that responsibility very seriously! This group provides an opportunity for those who have shouldered various responsibilities at home and in the community, to say goodbye to their burdens. It's a chance to have fun with no rules! The group travels the second Thursday of each month.



Please contact Sheri McConnaughey in the senior program office with any questions, 206.767.2321.

Jan 14	Klondike Gold Rush Museum • Seattle	19499
Feb 11	Baicha Tea Room • Edmonds	19500
Mar 10	Victorian Tea Room • Port Orchard	19501
Apr 14	Elandan Gardens • Port Orchard	19502

EXTENDED TRAVEL

Albuquerque Balloon Fiesta

Sept. 29–Oct. 4, 2016

Highlights: Santa Fe, Santa Fe School of Cooking, Turquoise Trail, Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center.

6 days, 8 Meals, includes Air and Hotels

\$2,499 Double. \$3,099 Single.
\$2,469 Triple.

INFORMATIONAL MEETING:
February 25, 10:30am, TCC

Tropical Costa Rica

November 5–13, 2016

Highlights: San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, and National Theatre.

9 Days, 14 Meals, Includes Air and Hotels

BOOK NOW Save \$100 per person
\$2,599 Double. After May 29: \$2,699
\$3,049 Single. After May 29: \$3,049
\$2,569 Triple. After May 29: \$2,569

INFORMATIONAL MEETING:
February 25, 10:30am, TCC

Iceland!

Coming July 2017

Duwamish Curve Café

11:00am–12:30pm
Tuesdays & Thursdays



Come and enjoy a delicious lunch every Tuesday and Thursday at the Tukwila Community Center. On Tuesdays there is live music, on Thursdays we have beautiful piano music with Mexican Train Dominos that follow. Stop by the front desk for a Monthly menu.

Tukwila Community Center
Open to the public

No lunch 3/15–24

Recreation is for Everyone!

We want everyone in Tukwila to have the opportunity to participate in, benefit from, and enjoy parks and recreation facilities.

We are dedicated to enriching the lives of all persons participating in Tukwila Parks and Recreation programs. If you are interested in a class or program, but hesitate to register because of a developmental or physical limitation, please contact Tracy Gallaway at 206.768.2822 for assistance. Reasonable accommodations for special needs require a minimum of three weeks notice in advance of the program start date. Participants needing individual assistance to participate in programs, including toileting, transferring, eating, dressing, or behavior intervention must bring an attendant/companion to the program.

Resident Fees

We are pleased to offer Tukwila Residents a REDUCED fee for nearly all of our programs and activities. Please note that the Resident Fee is the lower fee and typically highlighted. To qualify for the reduce Resident Rate, you must be able to provide verification of residency in Tukwila.

Registration

Most programs and activities have a minimum and/or maximum enrollment to ensure a quality experience for all participants. Please register at least five business days in advance (payment must be received at time of registration). Programs and activities may be canceled (or combined) due to low enrollment.

Fees listed include all applicable taxes.

Scholarships

Scholarships are available for Tukwila area youth, teen, and senior adults to participate in many of the programs offered by Tukwila Parks and Recreation. Income and residency restrictions apply. Information and applications are available at the Tukwila Community Center. Gender Equity Statement: The City of Tukwila complies with the State of Washington's "Fair Play in Community Sports Act" that prohibits discrimination against any person in a community athletics program on the basis of gender.

Refunds

Your satisfaction is important to us. If you are not completely satisfied with a program or activity, you may request a refund. All refund requests must be in writing. Refunds are subject to pro-rated amounts. A \$5.00 processing fee will be deducted from refund amounts. Full refunds will be issued if we cancel a program due to low enrollment. Camps, rentals, leagues, and other activities may have different refund policies—please refer to that specific program information.

Inclement Weather

Tukwila Parks and Recreation programs follow the Tukwila School District's weather advisory. If the School District is closed, all recreation programs will be canceled. If children have already arrived, parents will be notified to pick up their children immediately. If the Tukwila School District is delayed in opening, recreation programs will also be delayed. Please call the facility for up-to-date program information. Inclement weather can also affect park use and trail conditions. Please use caution when visiting parks and trails during poor weather.

Activity Location Key

Cascade View Elementary School, 13601 32nd Ave S
Foster Golf Links, 13500 Interurban Avenue S
Foster High School, 4242 S 144th St
Foster Public Library, 4060 S 144th St
Neudorf Stadium at FHS, 4242 S 144th St
Performing Arts Center at FHS, 4242 S 144th St
Showalter Middle School, 4628 S 144th St
Starfire Sports (Ft. Dent), 14800 Starfire Way
Tukwila Community Center, 12424 42nd Avenue S
Tukwila Elementary School, 5939 S 149th St
Tukwila Heritage & Cultural Center, 14475 59th Ave S
Thorndyke Elementary School, 4415 S. 150th St

HOW TO REGISTER

In Person

Tukwila Community Center
12424 42nd Avenue S

Cash/Check/Visa/Mastercard

By Phone

206.768.2822

Visa/Mastercard





Meetings, Banquets, and Rental Events

attractive • affordable • accessible

Convenient with easy access

The Tukwila Community Center is an award-winning facility with a variety of amenities. Our beautiful setting along the Green/Duwamish River with Mt. Rainier in the background is an attractive backdrop for your event. Plenty of FREE parking and easy freeway access makes our location convenient for your guests.

Tukwila Community Center is a great place for:

- » Weddings
- » Trainings
- » Receptions
- » Sporting Events
- » Anniversaries
- » Board Meetings
- » Class Reunions
- » Worship Services
- » Trade Shows
- » Business Meetings
- » Retreats
- » Conferences

Your event is important to you . . . therefore, it's important to us

WHEN ORGANIZING AN EVENT, THE PLANNING PROCESS SHOULD BE AS EASY AS POSSIBLE FOR YOU. Tukwila Community Center has a variety of rooms and set-up options to best suit your needs. We'll even set up your room prior to your arrival . . . one less thing for you to worry about.

The Tukwila Community Center offers river, mountain, and beautiful landscaped views with plenty of free on-site parking and convenient freeway access. Only 8 minutes from SeaTac Airport and three minutes from local hotels, your out-of-town guests will love that they won't have to go far. A short drive from downtown Seattle makes the community center a quick and affordable escape from the hustle and bustle of the city.



"We have used your facility several times over the years and I have always experienced the utmost professionalism and friendliness—just what you hope a community center will offer!"

Facility Rentals

Gymnasium



Banquet Hall



Social Hall



Meeting/Classrooms



Rentals 7 days a week:

Monday—Thursday 7:00am–9:00pm

Friday 7:00am–1:00am

Saturday 8:00am–1:00am

Sunday 8:00am–12:00am

Facility amenities include:

- » Open 7 days a week
- » 48,000 sf floor plan
- » FREE Parking for 300+
- » Priority scheduling & discounted rates for Tukwila residents
- » 11,000 sf Gymnasium
- » 3,000 sf Banquet Hall
- » 2,000 sf Social Hall
- » Commercial-style kitchen
- » 4 Classrooms
- » FREE wireless internet
- » Wireless microphone system
- » LCD Projector w/ screen
- » Beer, wine or champagne subject to restrictions

	Gymnasium	Banquet Hall	Social Hall	Meeting / Classrooms
Square Feet:	11,000	3,000	2,000	750–1,000
Configuration:	Multi-use	Multi-purpose room; dividable into 3 sections; tables and chairs in room	Fireside Lounge attached; Tables and chairs in room	Tables and chairs in room
Seating:	600 max. banquet-style; 1,500 max. theater-style	200 max. banquet-style; 325 max. theater-style	96 max. banquet-style; 150 max. theater-style	32 max. classroom-style; 40 max. theater-style
Amenities:	Carpet for trade shows and receptions; kitchen available for add'l charge	Free wireless internet, Sound system with wireless mics. Available for add'l charge: LCD projector, kitchen.	Free wireless internet. Available for add'l charge: LCD projector, portable sound system with mics, kitchen.	Free wireless internet. Available for additional charge: LCD projector/screen
Set-up/Cleaning:	Table/chair set-up included in rental fee; Customer must clean			
Reservations:	Trade Shows = Up to 18 mo. in advance; 11 mo. for other use (12 mo. for Tukwila Residents); minimum # of hours applies	Up to 11 mo. in advance (12 mo. for Tukwila Residents); minimum number of hours applies		



Call or stop by for a tour!

Rental office open: Monday–Friday 8:30am–6:00pm

Closed: Tues, Wed, and Thurs 1:00–3:00pm

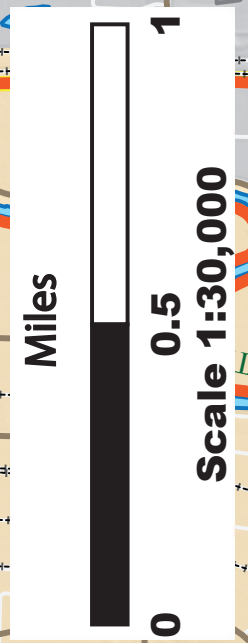
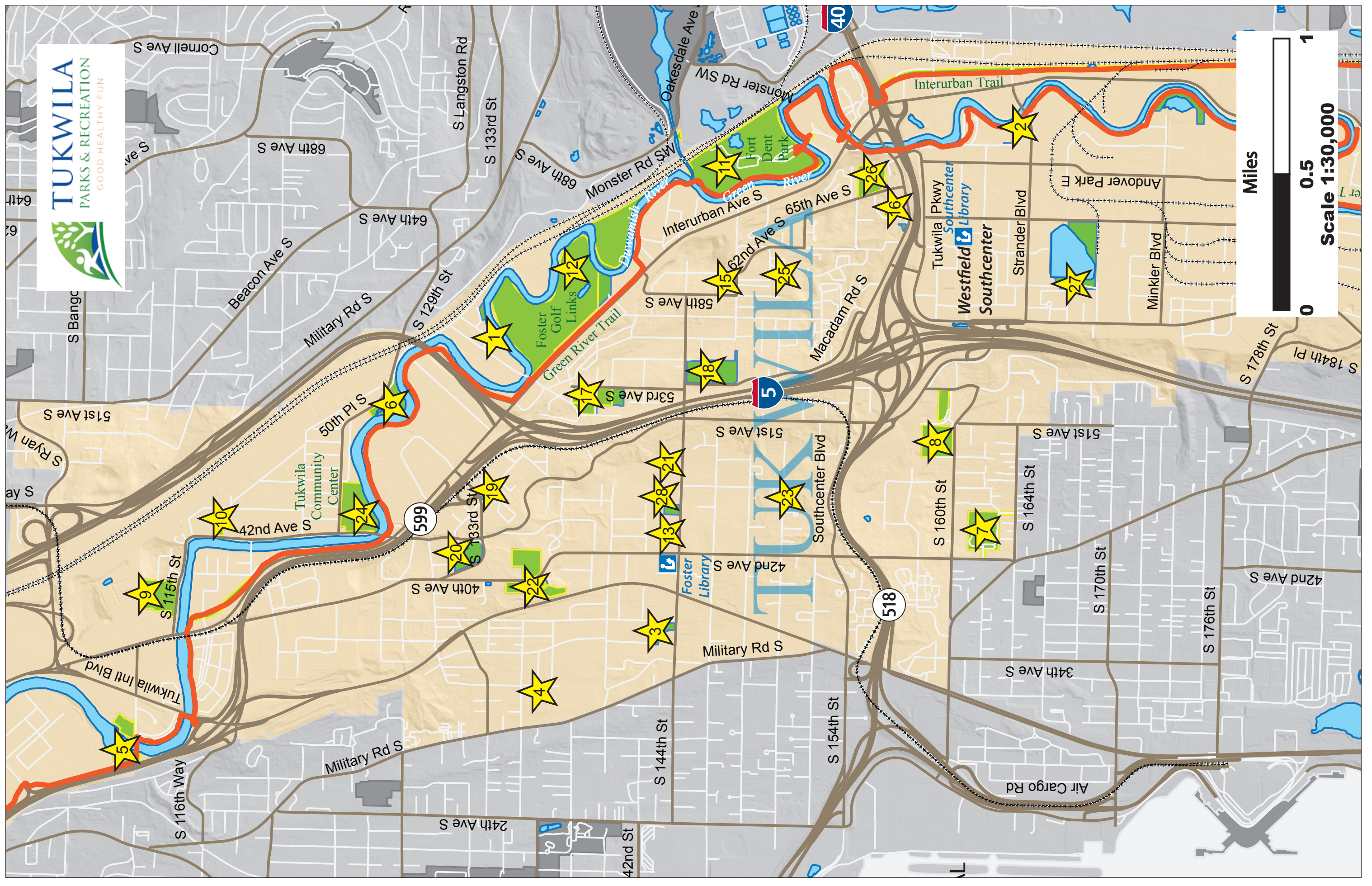
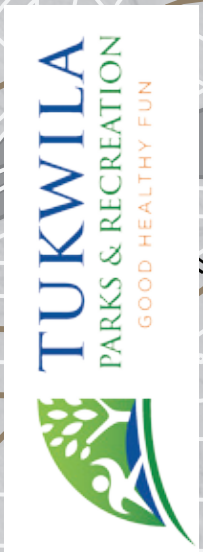
206.767.2322 // 12424 42nd Ave South, Tukwila

T = Temporary Restroom

= Park has a shelter that can be rented.

Please call 206.767.2322 for more information

<div>T = Temporary Restroom</div> <div><div></div> = Park has a shelter that can be rented. Please call 206.767.2322 for more information</div>			Walking Path			★	★		★	★	★	★	★			★	★			
			Tennis Court								★					★				
			T-ball Field							★			★							
			Spray Park																	
			Soccer									★	★			★				
			Skate Park																	
			River Access						★											
			Restrooms			★	T		★	T	T	★		T	★					
			Play Equipment			★	★				★	★		★	★					
			Picnic Tables	★		★	★		★	★	★	★		★	★			★		
			Picnic Shelter						★	★	★	★		★						
			Pea Patch																	
			Indoor Pool																	★
			Horseshoes																★	
			Greenbelt								★	★						★		
			Golf											★						
Exercise Equipment													★							
BBQ Grill			★	★				★	★											
Basketball									★	★										
Baseball/Softball								★						★						
1	57th Avenue Mini Park	3300 57th Ave. S.																		
2	Bicentennial Park	6000 Christensen Rd.																		
3	Cascade View Community Park	14211 37th Ave. S.																		
4	Cascade View Elementary School	13601 32nd Ave. S.																		
5	Cecil Moses Park	11013 W. Marginal Place S.																		
6	Codiga Park	12535 50th Pl. S.																		
7	Crestview Park	16200 42nd Ave. S.																		
8	Crystal Springs Park	15832 51st Ave. S.																		
9	Duwamish Hill Preserve	3800 S. 115th St.																		
10	Duwamish Park	11646 42nd Ave. S.																		
11	Fort Dent Park /Starfire	14800 Starfire Way																		
12	Foster Golf Links	13500 Interurban Ave. S.																		
13	Foster High School	4242 S. 144th St.																		
14	Grandview Off-Leash Dog Park	S. 228th St & Military Rd.																		
15	Hazelnut Park	14475 59th Ave. S.																		
16	Ikawa Park	6200 Southcenter Blvd.																		
17	Joseph Foster Memorial Park	13919 53rd Ave. S.																		
18	Macadam Winter Garden	S. 144th & Macadam Rd.																		
19	Riverton Mini Park	4401 S. 133rd St.																		
20	Riverton Park	4101 S. 131st St.																		
21	Showalter Middle School	4242 S. 144th St.																		
22	Southgate Open Space	42nd Ave. S. & S. 135th St.																		
23	Thorndyke Elementary School	4415 S. 150th St.																		
24	Tukwila Community Center	12424 42nd Ave. S.																		
25	Tukwila Elementary School	5939 S. 149th St.																		
26	Tukwila Park	15460 65th Ave. S.																		
27	Tukwila Pond Park	299 Strander Blvd.																		
28	Tukwila Pool	4414 S. 144th St.																		





JOSEPH FOSTER MEMORIAL PARK

13919 53RD AVE S, TUKWILA

Joseph Foster Memorial Park (or Foster Park) is one of the largest neighborhood parks in the Tukwila Park system. Hidden in the Tukwila Hill neighborhood, Foster Park encompassing nine acres of great recreational and leisure opportunities including a playground, picnic shelter, BBQ grill, picnic tables, benches, baseball and soccer fields, basketball hoops and a paved quarter-mile walking path around the Lee Philips Field area. This park has something for everyone.

This past summer, Tukwila Parks & Recreation staff hosted one of the “See You in the Park” events at Foster Park where over 125 neighbors came out and enjoyed the park and had the opportunity to meet with the Parks Maintenance staff. We received good input from those that attended this great event.

Also, in this last year, some other new things at Foster Park are the outdoor exercise equipment, freshly painted picnic shelter and restrooms, newly planted trees, ivy removal and improved vegetation management.

We invite you to come enjoy Foster Park, whether for using the fields, playground, exercise equipment, hoops, shelter, or pathway. Enjoy!



**SHELTER AND FIELD RENTALS
CAN BE MADE BY CONTACTING OUR
RENTAL OFFICE AT 206.767.2322.**

*We look
forward to
Seeing You
in the Parks*



Gully Gardens Pea Patch

Welcome to the Pea Patch program operated by Tukwila Parks and Recreation at Riverton Park. Officially dedicated in 2014 as “Gully Gardens” after Paul and Betty Gully, the Pea Patch is a community program designed to provide gardeners with an opportunity to grow fruits, vegetables, and flowers for their own personal enjoyment.

Tukwila residents may reserve plots beginning January 4th, non-residents beginning January 11th.

For more information, visit
www.tukwilawa.gov or call 206.768.2822.



Tukwila Community Center
12424 42nd Ave S
Tukwila, WA 98168

Postmaster:
If named addressee
has moved, deliver
to current resident.

To help us correct addresses or eliminate duplicates, please call 206.768.2822.

PRESORT STANDARD
U.S. POSTAGE
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SEATTLE, WA
PERMIT NO. 12698



16th ANNUAL

Backyard
Wildlife
Festival!

May 14, 2016 9am-3pm

Plant Sale • Workshops • Kids Activities • Art Show

**SAVE
THE
DATE**

Tukwila Community Center
12424 42nd Ave, Tukwila
www.BackyardWildlifeFestival.org



